



EVERYBODY NEEDS  
HEALTHY FOOD

# HEALTHY FOODSHELF NETWORK

www.healthyfoodshelves.org

Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

## INGREDIENTS

2 cups cooked brown rice

1 can (14.5 oz.) reduced sodium,

fat free chicken or vegetable broth

1 tsp. cumin

1.5 c. seasoned diced tomatoes

1 can (8.75 oz.) whole kernel corn

1 c. canned black beans, drained, rinsed

2 cups chicken strips (optional)

1 c. fresh spinach (optional)

## SANTA FE RICE PILAF

Servings: 6

### DIRECTIONS

1. Prepare rice according to package, except use chicken broth or vegetable broth instead of water and add cumin.

2. Stir in remaining 5 ingredients and top with cheddar cheese if desired.

### -Spotlight on Ingredients- Tomatoes

*A Heart Healthy  
Food!*

Here are some of the nutrients in tomatoes and what they do to keep your heart healthy:

#### **Vitamin C**

Fights free radicals

#### **Potassium**

Lowers blood pressure

#### **Fiber**

Lowers cholesterol

#### **Lutein**

A heart-protective antioxidant